

ABSTRACT OF THE DISCLOSURE

There has been a problem that there is long waiting time until reproduction of a video file an image file and an audio file on a reproducing apparatus can be started.

A recording and reproducing system has means including a CD-RW medium of holding a data file of storing predetermined data and parameter information used for reproducing the predetermined data, a file recording means of recording the parameter information in a contents list information file of storing the parameter information held in the CD-RW medium , an information extracting means and a contents list information file creating means and means including a file reproducing means of reproducing the predetermined data stored in the data file by using the parameter information which is recorded.